

## *Florham Park Senior Citizens Club*

### **Welcome!**

Welcome to the Florham Park Seniors Citizens Club, as we celebrate 64+ years of serving the senior community. We are delighted to have you as a member, and we hope you will find our club to be rewarding and enriching.

As a member of the Seniors Club, we encourage you to participate in the many senior-focused activities and events held at the Florham Park Senior Center and the Florham Park Community Center. We publish a bimonthly newsletter of these activities or just drop by the Senior Center for additional information.

One of the main benefits of joining the Seniors Club is the opportunity to participate in our various programs and activities that are designed to keep you active, healthy, and happy. Some of the programs and activities we offer and/or support through the Recreation Department include:

- **Exercise programs:** There are four different classes for all levels of ability and interest, including chair exercise, chair yoga, Qi Gong, and Healthy Bones. These classes are led by knowledgeable instructors who will help you improve strength, flexibility, and balance.
- **Trips:** Through the Recreation Department, trips are organized to various local destinations for our members to enjoy. These trips are open to all Florham Park seniors and the cost is discounted to make them more affordable. Stop by the Senior Center to pick up trip flyers.
- **Entertainment:** In conjunction with our membership meetings, we host various entertainment events for our members that are always engaging, entertaining or informative. In June, we have our annual Spring Luncheon and in December, we organize a Holiday Luncheon. As a member, the price of these Luncheons is discounted.
- **Socialization:** The Senior Center provides opportunities for our members to meet and connect with each other, such as the weekly bingo games, movies, and social events. You can chat, laugh, and share stories with other seniors who share your interests and hobbies.
- **Tile and Card Games:** The Senior Center is also an engaging setting for tile games such as mahjong, dominoes, and Rummikub. Card games including bridge, canasta and poker are also very popular. These games are a great way to bond with other club members.
- **Annual Picnic:** In the Fall, we organize an enjoyable outdoor picnic with entertainment and great food for all Florham Park Seniors. This event is held at the Community Center.

These are just some of the programs and activities that are offered to the senior citizen community. We are always looking for new ideas and suggestions from our members, so feel free to let us know what you would like to see or do at our club. We are here to make your club experience as enjoyable and fulfilling as possible.

Thank you for joining the Seniors Club. We look forward to seeing you soon at one of our club events and getting to know you better. If you have any questions or concerns, please email us or call the Senior Center at 973-520-8984.

Best regards,

*Rich*

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